



# Living Well

Raising Kids, Eating Right, Spending Smart, Living Well

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**Keep hot foods hot and cold foods cold.**

**Have a safe summer!**

## *Food Safety Tips for Outdoor Eating*

The picnic and barbeque season has begun. To protect yourself, your family, and friends from foodborne illness keep these tips in mind:

### When You Transport Food:

- Keep cold food cold. Place cold food in a cooler with ice or frozen gel packs. Cold food should be held at or below 40°F.
- Consider packing beverages in one cooler and perishable foods in another.
- Meat, poultry, and seafood may be packed while it is still frozen so that it stays colder longer. Be sure to keep raw meat, poultry, and seafood securely wrapped so their juices don't contaminate cooked foods or foods eaten raw such as fruits and vegetables.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Packaged fruits and vegetables labeled "ready-to-eat," "washed," or "triple washed" need not be washed.

### Before You Begin:

- Food safety begins with hand-washing even in outdoor settings. And it can be as simple

as using a water jug, some soap, and paper towels.

- Consider using moist disposable towelettes for cleaning your hands.
- Keep all utensils and platters clean when preparing food.

### Safe Grilling Tips:

- Marinate foods in the refrigerator. Reserve any marinade to be used as a sauce on the cooked food separate from the raw meat, poultry, or seafood. Don't reuse marinade.
  - Don't use the same platter and utensils that previously held raw meat or seafood to serve cooked meats and seafood.
- If you partially cook food in the microwave, oven, or stove to reduce grilling time, do so immediately before the food goes on the hot grill.





***Drink your milk!***

***The Virginians qualifying as obese is growing at a faster rate than anywhere else in the nation, according to a federal study.***

## ***Increase in Soft-Drink Consumption Link to Our Childhood Obesity Problem?***

According to researchers from the University of North Carolina, a dramatic increase in soft-drink consumption, combined with a significant decrease in milk intake, is directly linked to America's obesity epidemic.

"There has been considerable controversy over the promotion of soft drinks in schools and elsewhere," says Dr. Barry M. Popkin, professor of nutrition and a fellow at the Carolina Population Center. "Extensive research on all age groups has shown that consuming these soft drinks and fruit drinks increases weight gain in children and adults."

These findings might lead us to question the possible link to other

current children's health issues such as the increase in childhood diabetes. Also, we all know that the calcium in milk and dairy products is a strong source of the dietary calcium needed for bone growth, strength and continued health; it makes sense that if children are not drinking milk that their bodies are not acquiring the needed calcium for this process. In the noted study, Dr. Popkin and his team found that the largest drop in milk servings occurred among 2- to 18-year olds.

The report shows that between 1977 and 2001, the amount of soft drinks and fruit drinks consumed by Americans jumped 135 percent while servings of milk dropped 38 percent.

*Source: Alinda Uzel, Extension Agent, King and Queen County*

### **Children learn ...**

cooperation,  
problem solving,  
language and  
mathematics

### **And develop ...**

curiosity, self-  
esteem, strength  
and coordination,  
self-direction and  
values

## ***The Power of Play***

Are your children just playing all day in child care? Where's the learning in that? Many people think children need to do worksheets and drills to be ready for school. But most young children aren't ready for this type of learning. They wiggle too much to keep their attention on worksheets and quickly forget what they learn.

Young children are ready and eager to learn how the world works, and they learn through play. Research tells us that play is much more than fun and games. It gives young children the best start for success in school. Play is concrete learning gained by manipulating real objects: not only toys, but also items such as boxes, pans, sticks, and rocks. Play is also social: Older preschoolers are ready to play with each other. When

children play together, they learn lifelong lessons in how to get along with other people.

### **Top Super Toys:**

- \* **Empty cardboard box**  
any size will do, but the bigger the better
- \* **Blankets**  
make a tent, play peek-a-boo, or pretend picnic
- \* **Blocks**  
appealing to all age children
- \* **Water**  
keep safety foremost in your mind
- \* **Balls**  
have soft ones for inside and large bouncy ones for outside play
- \* **Music**  
use for dancing, singing, etc.

*Reference: Better Kid Care, Penn State University*



## *ABCD's of Keeping Food Safe in an Emergency*

Did you know that a flood, fire, natural disaster, or the loss of power from high winds, snow, or ice could jeopardize the safety of your food? Knowing how to determine if food is safe and how to keep food safe will help minimize the potential loss of food and reduce the risk of foodborne illness.

Always keep meat, poultry, fish, and eggs refrigerated at or below 40 °F and frozen food at or below 0 °F. This may be difficult when the power is out.

Keep the refrigerator and freezer doors closed as much as possible to maintain the cold temperature. The refrigerator will keep food safely cold for about 4 hours if it is unopened. A full freezer will hold the temperature for approximately 48 hours (24 hours if it is half full) if the door remains closed. Obtain dry or block ice to keep your refrigerator as cold as possible if the

power is going to be out for a prolonged period of time. Fifty pounds of dry ice should hold an 18-cubic foot full freezer for 2 days. Plan ahead and know where dry ice and block ice can be purchased.

Be prepared for an emergency by having items on hand that don't require refrigeration and can be eaten cold or heated on the outdoor grill. Shelf-stable food, boxed or canned milk, water, and canned goods should be part of a planned emergency food supply. Make sure you have ready-to-use baby formula for infants and pet food. Remember to use these items and replace them from time to time. Be sure to keep a hand-held can opener for an emergency.

For specific information on certain foods and answers to frequently asked questions go to: [http://www.fsis.usda.gov/Fact\\_Sheets/](http://www.fsis.usda.gov/Fact_Sheets/)



If you're not sure a particular food is cold enough, take its temperature.

Plan ahead where to store your food safely in an emergency.

## *Get Moving for the Health of It*

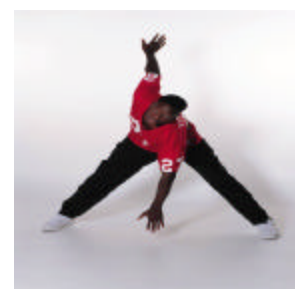
Physical activity is a food way to improve your health and have fun. Look around; whether you live in the city, the country, or in between, you'll find many ways to be active. You can take a walk, work in the garden, briskly push a baby stroller, climb the stairs, or dance the night away.

To improve your healthy and fitness, get at least 30 minute of moderate physical activity most days to the week, preferably daily.

No matter what you choose, you can do it all at once, or divide it into two or three parts during the day. Even small, 10-minute bursts of activity count toward your total.

Choose activities that you enjoy and can do regularly. You can fit them into your daily routine by walking to and from the parking lot, but stop, or taking extra trips up and down the stairs.

Get moving for your health!



Is physical activity a part of your life?



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When family members do not "talk things out," even the best spending plan may not work.

## Communicating About Money

Money is a common problem for a family, regardless of income, age, and education of family members. Sometimes a lack of income to meet basic needs causes the money hassle. But, more often, inadequate communication about money is the root of financial problems.

Here are some suggestions for improving the communication about money matters in your family:

- Recognize that whoever earns the money does not also earn the right to dictate how it should be spent. Family members, including children old enough to understand, need to be a part of the discussion.
- Clearly identify the issue at hand. Do not drag other points into the discussions that do not address the problem, concern, or dissatisfaction.
- Let each family member freely state his or her wants, needs, and personal feelings. Avoid judging or criticizing others. Encourage communication beginning with "I think" or "I feel." Talk about the present. Avoid phrases such as "you

always" and "you never."

- Listen carefully to the other person. Respond to statements by others with some indication that you understand. Or ask questions until you do understand.
- Be willing to negotiate for a realistic settlement of differences.

Questions to ask yourself prior to having a discussion about money with members of your family:

- \* How do you feel about the way your family communicates about money?
- \* How would you like your situation to be?
- \* Do you agree or disagree about the need for help?
- \* What are some sources of help available to you?
- \* Are you able to talk about potential money problems before they happen?

(Reference: *Communicating About Money*, by Mary Stephens, University of Maryland Extension)

*Begin communicating about money by identifying personal values. Values represent those qualities, situations, and material things an individual cherishes most.*